VACATION SCHOOL A JOY.

TEACHERS AT NO. 22 COULD HARDLY

PERSUADE PUPILS TO GO HOME.

MODELLING, DRAWING AND SEWING ALL POPU-

LAR-CONSTRUCTING WORK A CONTINUOUS

DELIGHT-FIXING FOR CLOSING

EXERCISES. One of the most interesting of the ten vacation

they can be induced to go home when the half-day of school is over, and almost all take work with

"They look so happy in their claserooms that I envy the teachers," says the principal.

drawing, modelling, sewing, woodwork and lan-

guage study, but it is varied in every school and

by every teacher, and the children are also en-

couraged to follow out their own ideas. It is one of the features of the vacation schools that as

much as possible is done by the children and as

what the morning exercises are going to consist

niways begin. She simply asks, "Who is going to recite for me?" and some one volunteers. The children find quotations or select bits of news from the papers, and give them without any previous

arrangement.
The Junior Republic has charge of the Friday

morning exercises, and the Boys' Glee Club has a song ready for every day. The Junior Republic

is an important figure in the school, and is de-

ART STUDY IS ENJOYED.

The favorite study in No. 22 appears to be art.

ing at home, so as to have more time for their

to the German system. Most of the schools did

not care to undertake this work, because it is so

come in one large sheet of pasteboard, and the

puzzle is to cut them apart and put them together

A BIRD LESSON.

voting itself to the study of Greater New-York.

little as possible by the teachers.

drawing.

WORK OF VACATION SCHOOLS. The work in the vacation schools consists of



MUSIC-ROOM IN T. D. HOOPER'S HOUSE, IN WEST EIGHTY-SEVENTH-ST., Designed by Miss Lewis.

FUTURE JULIETS WEEP RIVULETS OVER THEIR ROUGE, AND FUTURE ROMEOS TALK

THROUGH CLOSED TEETH-EARN-EST PURPOSE EVERYTHING. Three indispensable requisites for a student tak-

ing a course in dramatic art are temperament, a good voice and earnestness of purpose

The scene is one of the studies of the Stanhope-Wheatcroft Dramatic School in the Holland Bullding. A dainty, dimpled, soft-eyed little Southern maiden has just departed, after making application compete for one of the two scholarships offered for 1897-'98.

The girl has put forward some uncommon claims consideration, which, quite apart from an unusually attractive personality, a fine feeling for art and delicious enthusiasm, have appealed strongly to womanly sympathy of Mrs. Wheateroft-a sympathy, however, of which no sign appears while the applicant is present. The woman is to all appearonly a calm, grave, exacting critic, and the shild takes leave with a forlorn droop to the corners of her preity mouth, flushed cheeks and misty eyes. But an opinion has been formed, and Mrs. Wheatcroft knows what she will do with her.

Wheateroft's death his wife carries on the work which in four years they together developed into what it is only just to describe as the

most successful school of acting in America.

The imparting of knowledge is the antithesis of acquiring it. The work requires many qualities, ranging from tender pity to a critical faculty, keen, old and unswerving as the surgeon's steel, including a knowledge of human nature, informed by both experience and sympathy. Mrs. Wheateroft seems to possess all these qualities, so one understands why pupils come to her from all over the country, confident that she can discover and develop the best that is in them. But all her gifts are kept strictly for her work, and it is only on rare occasions that she can be led to talk about it in a way which gives one glimpses of the true inwardness of the Stanhope-Wheatcroft Dramatic School.

### PRELIMINARY EXAMINATIONS. Whasteroft says: "Examinations are of ne-

have education, refinement and the evidences of good breeding. There is also much more to be considered. Purity of enunciation must be attained, and sometimes the outlook in that direction is utterly disheartening. Pupils present themselves with such marked provincialisms and mannerisms as seem to defy all efforts at reformation. For in-stance, one charming girl had great aptitude for leading parts, and her appearance and intelligence fitted her to undertake them; but she would talk with her teeth shut. We worked for months until we almost despaired before the habit was overcome. In one of my special classes-those for which no examination is required, designed for students not wishing the full school course, and only requiring Instruction along certain lines—was a clergyman forty years old. Habitual intoning of the ritual had tered, even the most trivial remark or salutation, rassing to me to have a reverend pupil, but if he decided to come into the class he must expect to submit to a severe ordeal. He expressed entire willingness, and the result was gratifying." 'What are the examination

"They are preliminary; and all applicants for the regular school course must pass them satisfactorily before being admitted to study. At the first examination we require the applicant to recite with such action as he chooses, several selections of varied description, giving scope for declamation emotional power and expression in lighter work These selections are, of course, those with which the pupil is already familiarized. At the second examination the exercises are selected for the pupil, and are those with which he is unfamiliar. They are given to test originality and flexibility. SOME APPLICANTS REJECTED.

Do you sometimes refuse applicants for in-

"I have refused a great many. Modern stage-craft grows more and more exacting. The stage of to-day is more refined than of old; there are more educated people in all ranks of the profession. impetition raises the standards and certainly diminishes the chances of success. But while the competition is undoubtedly great, it must be borne in mind that there is still room-plenty of it-at the top. Genius will infallibly assert itself; while to those lacking that, I would say hard work will accomplish wonderful things.

But I try to be conscientious about advising a dramatic career-it is such a grave responsibility to take young lives into one's keeping-I am chary of encouragement, and may sometimes err in this direction; but I am glad to be able to say that I have not yet once been mistaken as to the talent of those I have advised to go on.

Occasionally students with good abilities are faint-hearted and fall by the way. They lack application and perseverance. Then, the first month is the crucial test. One hears a great deal about stagestruck people. I seldom encounter it. When , there is a strongly pathetic side. The young and inexperienced who dream that they can decide and hexperienced who dream that they can decide to become actors over night, make up, dress the part and enter forthwith upon a brilliant stage career are doomed to swallow a large dose of that disappointment which is the base of most human experiences. When these dreamers find out that dramatic art means work, work, work, they are apt to lose heart. Others persevere and gain their reward."

DISCIPLES OF THE DRAMA.

MRS. WHEATCROFT ON THE TRAINING OF
EAGER STAGE ASPIRANTS.

Work and put through a variety of parts. The
young beauty who wants to play Juliet must also
assume the part of a slavey. The ingence must do
old women and character parts, and corresponding
ordeals are ordained for the men. They must run
up and down the scale from high tragedy to low
comedy. This exercise gives facility, flexibility,
and demonstrates ability. In this way the student
shows for what line he is best fitted.

# PUBLIC APPEARANCES.

"After two months of study the pupil is generally given a public appearance in the production of a play (generally a new one) by some author either well known or ambitious of becoming so. While in the course of instruction various teachers have charge of different lines of work (I confining myself to Shakespearian and classical plays), I do absolutely all the training for these productions, and in the four years that Mr. Wheateroft and I The children think modelling as much fun as making mud pies, and some of the girls do their sewworked together more than fifty original plays

"How do I begin work on a new play? you ask. In this way: I call together the cast, distribute the parts and we read them, each one giving the interpretation which is suggested as we proceed. difficult. The parts of the object to be constructed They carry home their roles to study for two days, when they must have memorized the lines. Then serious worn begins. I find out the student's idea

when they must have memorized the lines. Then serious work begins. I find out the student's idea first, then criticise and correct and teach how the part must be done. Touching these performances, there can be no difference of opinion as to interpretation. I am absolute. I carry the performance. I seem to hold all the strings. But I do not fear the result so long as I know exactly the elements I work with and how they will act independently and upon each other.

"The make-up classes begin shortly prior to a public performance, one of the studios is afranged as a dressing-room, with small tables under mirrors, flanked by candles, and spread with the movie in grease paints, etc., has been told to provide. Each also mirrors, flanked by candles, and spread with the mirrors of the art. The girls have done heautiful work and have made a lot of things for the Scaside Home. The youngest have hemmed towers, and the older ones have made sheets, pillow-cases, spiashers, bibs, quilts and napkins. A lot of work is also going to the hospitals. Some brightly colored picture-books have been made in the kindergarten and other classes, and the older ones have made in the kindergarten and other classes, and the older ones have made in the kindergarten and other classes, and the older ones of wholly supplied by the defit touch of the facial artist. Then I leave them alone for half an hour to experiment. A lively time crosses in the kindergarten and other classes, and the older ones, judging from sounds issuing from that studio. Few score a success in their first make-up, and the failures are droll beyond description, especially when the student has sorrowed over ill-success until rivulets of tears have coursed through paint grease and cosmetics.

"Men show more aptitude for making up than w

women, who are product that if they are to study for A bird lesson at

"Many girls fancy that, if they are to study for the stage, they may go about decorated like Indians on the warpath. But my rules are against any make up on ordinary occasions. So not infrequently it is necessary to send a student home from class to wash her face."

"At the criticism classes, twice a month, each student in turn gives a characterization, which other members must criticise, they being required to give reasons for the commendation or dislikes expressed, as also for any changes they may suggest.

"Facial expression is something else we have to

of this work, but gets enough help from his assist-ants so that it does not take up an undue amount of his time. He can print one paper, aside from the illustrations and other decerations, in twenty

minutes.

The paper always prints the roil of honor for the week, and the last issue contains the names of the Misses Lizzle Salzberg. Minnie Schirmer, Helen Lehn and Hannah Goldstein, and Masters F. Meyer, F. Grünfeld, F. Ely, and Moscovitz Weitz.

The current number also contains the following poem, selected by C. H. Distler, a boy of about twalve or thirteen years.

When General Washington was young, About as large as I. He never would permit his tongue To tell a useful lie.

Once when he cut his father's tree He owned it to his face. And then his father ardently Clasped him in his embrace.

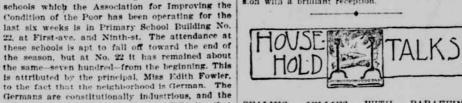
He told his son it pleased him more For him to own the truth Than if his trees were bending o'er With gold and silver fruit.

And like this high and noble boy, Whose virtues highly shone, If I my father's tree destroy, The truth I'll surely own.

The truin I'll surely own.

The staff of "The Citizen" consists of Edward Meyer, managing editor; Elmer Lindsay, foreign editor; Joseph Mitsch, domestic editor; Max Schönberg and Carrol Kebnitz, illustrators, and George Bühr and Frank Stegeman, printers.

The vacation schools will close next Friday, August 29, and will give an exhibition of their work before doing so. No. 22 is planning to close its session with a brilliant reception.



SEALING JELLIES WITH PARAFFINchildren love to work. It is with difficulty that LETTUCE CREAM.

The method of sealing up jeilles with paraffin, now in use among our best preserve and jelly makers was suggested in The Tribune for the first time several years ago. It has been known many years to chemists, who seal up ether and such other drugs with paraffin to prevent evaporation. It is the only certain method to prevent mould from forming on the top of felly.

This mould does no harm to the jelly, and in | Dramatic Committee, will preside at the meeting.

reality forms an sirtight cont over it, which preserves it, but it injures the sale of jelly, and women who make a business of putting up preserves for

sale cannot afford to serve customers with mouldy

Paraffin wax, which is used for this purpose, is

perfectly harmless, and has no affinity for any other substance, so there is no danger of its im-

parting any flavor to the jelly. It costs about 25 cents a pound, and may be melted in a tin cup set

in a pan of hot water on the fire. When the fellies

are perfectly cold and firm, spread a layer of the

LETTUCE CREAM.

The strong sunlight of summer takes the delicate

green color from lettuce leaves and tinges them

brown. The juice of summer lettuce is sometimes

fuice which "E. W. W." used for her lettuce cream.

LEMON CREAM.

A delicious lemon cream that possesses the power

of whitening tanned hands may be made at this season of the year. In place of lettuce juice stir in as

much lemon juice as the preparation will take, or use a tablespoonful to four ounces of almond oil, with half an ounce each of spermacett and white wax. Let the mixture stand in cold water to cool.

WOMAN'S PAGE APPRECIATED.

Sir: Some friends and myself were talking about

The Woman's Page to-day. How wonderfully you manage to ferret out all the good work that is be-

ing done by our noble women! After perusing the

current news that tells such a sad tale of false

education and people at war with themselves and

the laws divine, it is like perfume to breathe the

We who have the care of growing children find it

hard to bring them up in faith to man and God

PRINCE CHARLIE'S WALKING-STICK.

good things that are and that are to be.

To the Editor of The Tribune.

It was probably some of this brown

DRAMA DAY OF P. W. L.

MRS. SOL. SMITH HAS ARRANGED TO-MORROW'S EXERCISES.

MME. COTTRELLY WILL BE STAGE MANAGER OF A PLAY SPECIALLY WRITTEN FOR THE OC-

CASION BY SEDLEY BROWN. The Professional Woman's League will observe its regular monthly Drama Day to-morrow, and is looking forward to a particularly enjoyable time. The arranging of the exercises is in the hands of Mrs. Sol. Smith. This is a difficult time of the year to arrange a programme of any kind, but Mrs. Smith has succeeded in providing what will probably be one of the most attractive entertainments of the

### PLAY WRITTEN FOR THE OCCASION.

The pièce de résistance will be a little comedy written especially for the occasion by Sedley Brown, Mrs. Smith's son. It is entitled "One Hundred Years from Now," and will be played with the following caste:

Mrs. E. A. Eberle.

Mrs. Hamilton King (Governor of Indiana)
Miss Stella Kenny.

Lucy King
Mrs. Jennie Christie.

Jane Parker (the Governor's secretary)
Miss Cameron.

Stella Douglas (stenographer)
Miss Marion Ballow.

Polly (office girl)

The scene of action will be the private office of Governor King, in the year 1997, and Mme. Mattlde Cottrelly will act as stage manager.

OTHER ATTRACTIONS.

The remainder of the programme will consist of a plane zote from Chopin by Miss Rosalie Balmer Smith, Mrs. Smith's niece; a paper on "Garrick's Jubilee and Dramatic Pageant in 1769," by Mrs. Alice Butler; a recitation from "As You Like It," by Mrs. Harriet Webb, and a monologue by Mrs.
John E. Ives.
All the entertainers are members of the League,
with the exception of Miss Smith. Her home is in
St. Louis, and though she is still in her teens she
was selected as the representative planist of that
city to play at the recent Music Teachers' Convention.

THE COMMITTEE IN CHARGE

Mme. Cottrelly, being the first member of the

A LITTLE BIRD I AM.

Naught have I else to do:
I sing the whole day long:
And He whom most I love to please
Doth listen to my song;
He caught and turned my wandering wing,
But still He bends to hear me sing.

Here is a letter from a little Western girl, who wishes to become a Sunshine member:

I am a little girl ten years old, and I live with
my mother, father and sister. I wish to become a
member of The Tribune Sunshine Society, so I will
send a box of sheals for you to give to some six
child or cripple who belongs to this society. Yours
truly.

GEORGIE CORNELIUS.

Send a two-cent stamp for a pin. Your name has been enrolled. Your shells will make a pretty gift to a little "shut-in," who will write to you.

"A Friend" also sends the following verses: PATIENCE IN SUFFERING.

Heavenly Father, can I serve Thes, Bitting here with folded hands? Am I even in being idle, Carrying out Thy blest commands?

Thou must suffer and be s

Oft the days seem dark and gloomy, Not a gleam of sunshine comes; Yet I know the path, though lonely, Leads me surely to my home.

Blessed Saviour, Thou wilt lead me, Give me grace to do Thy will; If I may not work and serve Thee, Let me suffer and be still.

Mrs. M. E. Enders sends the following verses: HAPPY WOMEN.

Impatient women, as you walt In cheerful homes to-night to hear, The sounds of steps that, soon or late, Shall come as music to your ear,

Forget yourselves a little while, And think in pity of the pain Of women who will never smile, To hear a coming step again.

With babes that in their cradles sleep,

And when the step you wait for comes, And all your world is full of light, Oh, women, safe in happy homes, Pray for all lonesome souls to-night.

this little poem. I hope it will bring sunshine to some one, as it has for me. I enjoy the Sunshine column, although I am not a shut-in, and I wish to share my sunshine with some one else. I do not know the author of the poem. Yours truly, G. E. ORPEN.

PEACE, TROUBLED HEART.

The pierced hand still holds the rod; The hand once nailed on Calvary's tree Measures each cross, weighs every load And mingles every our for thee.

His words, "Be still," the storm shall calm;

Angelie hope, with wings of silvery sheen, Shall visit heart and hearth in love. And o'er thy secret altar sweetly fling Shekhah grandness from above.

Mary C. L- has "Cassell's Magazine" for 1888. bound in red cloth, and the "Cosmopolitan," unbound, for 1895 and 1896, which she wishes to ex-

IT IS THE LORD'S APPOINTMENT.

I say it over and over, and yet again to-day,
It rests my heart as surely as it did yesterday!
"It is the Lord's appointment";—
Whatever my work may be,
I am sure in my heart of hearts,
He has offered it for me.

Your name has been enrolled. Send a two-cent stamp for a T. S. S. pin.



of the Wheatcroft Dramatic School,

of the Wheatcroft Decrease are doomed to swallow a large dose of that disappointment which is the base of most human experiences. When these dreamers find out that dramatic art means work, work, work, they are apt to lose heart. Others persevere and gain their reward."

ONE TERM ENOUGH.

"How long a period of training do you believe heesesary?"

"One term is sufficient. When it is completed the student is as thoroughly equipped for professional work as after ten years of that experience behind the scenes, which, in other days, when I learned my art, was the only good school of acting available. Then the bill changed nightly. A novice was given the opportunity to see many plays and a chance at some part in most of them. With cleverness and a faculty for observation, much knowledge of stage art could be picked up in a desultory fashion. But unsystematic work reaches results slowly. The art of teaching has advanced far in these latter days, and in no branch has more pronounced progress been made than in that of dramatic art."

To a question gs to methods Mrs. Wheatcroft replied:

"Actual methods vary to suit individuals. But every student is exercised along all lines of stage-

every lady in Massachusetts loves to keep the law. One of the principles of vacation schools is to make the most of opportunities, and No. 22 has done so to a remarkable extent. When the school opened, one of the classes, composed of boys, had no materials to work with. So the teacher secured some old newspapers and a few models and set the

The official organ of No. 22 is "The Citizen of "The Junior Republic," but as girls do not belong to the Republic Mrs. Fowler suggested the above title and it was accepted. This interesting publica-tion is issued once a week, and is printed by hand. The managing editor, Edward Meyor, does most

hard to bring them up in faith to man and God where every morning and every evening bring to our door the news of some terrible event or some fearful deed.

I like to keep the Woman's Page uppermost on my table, and I cannot thank you sufficiently for the care you bestow upon it. As the president of the Mother's Congress of the city of New-York, let me thank you for the conscientious reports of our meetings. I have tried to show my appreciation by placing them in the columns of our official organ, "The Mother's Voice." Believe me, yours very sincerely, FANNIE SCHWEDLER BARNES, No. 12 East Seventy-third-st., New-York City, Aug. 11, 1897. some old newspapers and a few models and set the children copying the forms in paper. They had no scissors and not even knives, but they brought out some wonderfully good reproductions of the models and of other things that they had seen. Most of them simply tore the paper with their fingers; others used pins, and some, when they wanted to make a straight line, used a ruler to guide the tear. A couple of sailboats, one with one sail and one with two, are among the results of this torn paper work.

Queen Victoria has a new possession which she values most highly. It is a walking-stick which THE SCHOOL'S OFFICIAL ORGAN.

belonged to Bonnie Prince Charile, and which was misiaid by him on the morning of Culloden and afterward found in his bedroom. The Queen's representative bid \$800 for the walking-stick at a sale of relies, and as the auctioneer announced the buyer's name there was much cheering by those present. The handle of the sirk is composed of two heads, the one representing Wisdom, the other Folly.

MRS. SOL SMITH. an of the P. W. L. Drama Day. The other members of the committee are Mrs. Hattie F. Nefflen, Mrs. Edwin Arden, Miss Pauline Williard, Miss Vora Rial, Miss Elinor Maris, Mrs. John Herne, Mrs. Clarence Burns, Mrs. Edwin F Price, Miss Gertrude Perry, Mrs. Oldenstle, Miss Price, Miss Gertrude Perry, Mrs. Oldenstle, Miss Ella, Guthridge, Miss Myra Brooks, Miss Vivian Bernard, Miss Kate Gilbert, Miss Louise Mildener, Miss Virginia Smith, Mrs. H. M. Stetson, Mrs. S. M. Corv, Miss Orietta Kingsbury, Miss Recca Allen, Miss Christine MacLain, Mrs. Walker Whiteside and Mrs. Alice Fairbrother Webber.

Among her other services to the League, Mrs. Soi. Smith has recently presented to it a number of Miss Kate Field's French books, and the whole library will probably follow. Miss Field was Mrs. Smith's cousin, and the two grew up together like sisters.

## MRS. M'DONNOLD ENTHUSIASTIC.

are perfectly cold and firm, spread a layer of the thinest paraffin paper over them, and cover it with a layer of melted paraffin about a quarter of an inch thick. See that the paraffin clings to the sides of the tumbler, and that there are no interstices where the air can reach the jelly. Plain tea paper moistened with bracedy may be used in place of paraffin paper. Some of the most delicate foreign cheeses are packed for market in paraffin. Marmalades and other preserves may also be sealed up in this way. When necessary to open a jar sealed with paraffin, simply loosen the cover of paraffin at the sides and remove it. The cover may be rinsed and laid aside to be melted and used another year. NOT ONE STUMBLING BLOCK CAN SHE SEE IN THE WAY OF HER FINDING A GOLD MINE.

"The Clondyke does not seem so far away to us now," said Mrs. Sarah Wright McDonnold, in a discussion about the golden attractions that have caused the organization of the Woman's Expedition to the Clondyke Gold Fields. "We talk the matter over all the while, and the only trouble is, how we are to possess our souls in patience until March 1, 1898. The more we consult about it, the more feasible is the trip."

"You do not feel discouraged about the sensational reports of starvation and death by freezing,

juice which "E. W. W." used for her lettuce cream. Or she may have put her lettuce leaves in an iron saucepan; this would have turned the juice brown. Even spring lettuce does not possess much color and turns easily. A little spinach green must usually be added to any lettuce cream to give it the proper color.

Almond oil has a slightly greenish tint, and sometimes this imparts enough color to the cream. The "milk" of tender spring lettuce, which is highly esteemed by manufacturers of French cosmetics, should be used to make lettuce cream, because of its healing quantities, as well as its delicate color. A pale green cream looks dainty.

Put the lettuce leaves in a bowl or porcelain-lined saucepan; pour the bolling water over them and turn it off instantly. Squeeze all the fuice out of the lettuce with strong pressure, and stir it at once into the spermaceti, almond oil and melted white wax. The mixture must be stirred over the fire until the lettuce juice unites with the other ingredients. Mrs. McDonnold smiled. "People starve and freeze to death right here in New-York City every winter. The pitiful fact is unfortunately true in many localities of the United States, and the cause, of course, is lack of food and proper clothing. Our expedition goes out in the spring, thoroughly equipped and bounteously provisioned." Evidently, Mrs. McDonnold has no fear of starving and freez-

"You have not seen our list of supplies, carpenters' and hauling equipment, mining outfit, per-sonal equipment and fodder, have you? The list does not indicate near danger from unpleasant death. Why, we take thirty barrels of flour, for one item; fifty bags of oatmeal, fifteeen hundred pounds of bacon, seven hundred pounds of hams, five hundred sacks of beans, five hundred pounds of butter, five hundred pounds of sugar, four hundred pounds of coffee, one hundred pounds of tea, one thousand eggs, and coromeal, cheese, milk, salt, crackers, pepper and mustard in proportion. Of course, we will be provided with the heaviest clothing we can get. I wish you could see some 'sweaters' that an enterprising firm has been showing us. They are inches thick, and would keep a

"Will you try to go to the North Pole?" said an air of The Woman's Page, where we read of the

"Will you try to go to the North Pole?" said an interested listener, to whom this assault upon the frozen Clondyke by a party of adventurous women seemed like a real, live fairy tale; "I hear it is only a thousand miles to the"

"We are after gold—not poles," said Mrs. McDonnold, emphatically—so emphatically that the one who had ventured to say "pole" was very sorry she had spoken.

"We will take army cots and air pillows, tarpaulins and blankets, spanges, axle grease, curry combs, an oil stave, a wood stove, horse brushes, hemp rope, chains, eight barrels of kerosene, axes, saws, hammers, chisels, pitch, oakum, nails, two hundred bushels of orats, two hundred bushels of bran, ten bales of compressed hay, portable wheel-barrows, siedge hammers, picks, shovels, trowels, scoops, a dozen lamps and lanterns, thirty collapsible aluminum mugs, and fifty aluminum plates, to say nothing of forks, knives, spoons and sundry cooking utensils."

"Will you wear bloomers?"

"We are going to take either bloomers or knickerbockers, and the skirts to our dresses must be made to come above the ankles. Hunter's or Norfolk jackets will be the fashion. We will use dry weather and wet weather moccasins and take a sleeping bog aplece."

It is expremely interesting to hear Mrs. McDonnold speak of the expedition. She is thoroughly enthusiastic.

CHAUTAUQUA WIT. "Can you tell me," inquired the facetious Chautauqua boarder at breakfast yesterday, "of what great English writer this steak reminds me?" "Give it up," replied the dyspeptic. "Chaucer," was the brief reply.



Letters have been received from Mrs. M. L. H., Mary A. D., Mrs. M. E. Wickham and Eibert F. Fowler. Those who sent contributions will receive T. S. S. pins, if they will send a two-cent stamp.

members, unless a special request is made for their return and stamps are inclosed for postage. Mrs. A. S. K. sends the following recipes for invalids and delicate people: ESSENCE OF BEEF.

Contributions that do not appear in the Sunshine

column will always be "passed on" to different

Cut one pound of lean beef into small pieces; put them into a large-mouthed bottle, cork tightly, and put in a pot of cold water on a saucer. Let it get warm slowly and then boll for three hours. Pour off the juice and salt to taste; give a teaspoonful or tablespoonful at once, it is also good for babies who are sickly; give once in three hours. CHICKEN CUSTARD.

Half a pint of chicken broth; beat the yolks of three eggs; add a little salt and mix well. Cook in custard kettle until it thickens like bottled custard. Serve in custard cups; it is excellent nutriment. MILK TOAST.

Take one or two slices of bread; toast brown. Cut crusts off and then spread with good butter while hot. Pour over enough boiled milk to cover well and serve at once. If milk is not liked, use boiled water, to make it soft all over. EGGNOG.

One glass of milk; one egg, well beaten; one ta-blespoonful of brandy or whiskey, one tablespoonful of cream. Beat the yolk of egg and the cream to-gether; then add the milk and whiskey. Beat the white of egg and put on top.

Miss E. M. S. sends the following little poem-"A Little Bird I Am"-by Mme. Guyon:

A little bird I am.
Shut from the fields of air,
And in my case I sit and sing
To Him who placed me there;
Well pleased a prisoner to be,
Because, my God, it pleaseth Thee.

But still He bends to hear me sing.
Thou hast an ear to hear,
A heart to love and bless;
And though my notes were e'er so rude,
Thou wouldst not hear the less,
Because Thou knowest as they fall
That love, sweet love, inspires them all;
My cage confines me round;
Abroad I cannot fly;
But though my wing is closely bound,
My heart's at liberty;
My prison walls cannot control
The flight, the freedom of the soul.
Oh, it is good to sour

Oh, it is good to sour
These bolts and bars above!
To Him whose purpose I adore,
Whose providence I love:
And in Thy mighty will to find
The joy, the freedom, of the mind. (Written during a ten years' imprisonment in the

"A Friend" sends recipe for preparing an egg for

A nice way to fix an egg for an invalid is as fol-lows: Take one egg, one transpondul of sugar, one and one-mail tablespoonfuls of sherry; beat the yolk and sugar together, then add the wine, and then the white of the egg, which has been heaten to a staff froth. Stir gently, just enough to mix. "A Friend" is entitled to membership and a badge.

As I watch my friends around me Working with such carnest will, Comes a gentle voice and whispers, "Then must suffer and be still."

Something seems to becken onward, Showing brighter days to come; When I mingle with the ransomed— When my Father calls me home!

Or cling to you in perfect trust, Think of the mothers left to weep, Their infants lying in the dust.

President-General of the T. S. S .- Please accept

Oh, restless, anxious heart, be still!
Silence the murmurs and deep complaint;
Bear trials nobly—"Tis thy Father's will."
Where is thy faith, if thou dost faint?

His smile the gloom shall chase away, As troubled Galilee lay hushed at dawn, So wilt thou, mourner, see a brighter day;

Be still and wait, for thou wilt gladly own Love paved thy path, tho' washed with tears: Each cloud is golden-hued that girds His throne, Griefs turn to lustrous joys in the eternal

Courage! Oh, sching, restless, weary souls! Let gloom and doubt at once dispel; The victory comes in ways thou seest not— Thy Saviour doeth all things well.

change for old stamps-United States stamps, Columbian, revenue or foreign stamps. She also has other magazines and papers which she will send to shut-ins. Her address will be given on application. She says she will be glad to buy stamps from any Sunshine member if they are what she wishes. Mrs. A. Davis sends the following poem:

I must say it over and over, and again to-day,
For my work is somewhat different from yesterday.
"It is the Lord's appointment";—
It quiets my restless will
Like voice of tender mother,
And my heart and will are still.

I will say it over and over, this, and every day.
Whatsoever the Master orders, come what may.
"It is the Lord's appointment";—
For only his line can see
What is wisest, best and right,
What is truly good for me.
—(Christian Intelligencer.